



APRIL 2019: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA
1	2	3	New York Thursday 4	5
Baked Mozzarella Sticks Served with Marinara Sauce Brown Sugar Carrots Baked! Tostitos® Scoops®	New York Beef Hamburgers & Cheeseburgers New York French Fries	Chicken Parmigiana Pasta Marinara Crispy Broccoli	Chicken Dumplings Served with Vegetable Fried Rice Teriyaki Green Beans New York Cookie Treat Fresh New York Apples	Pizza Bagel Roasted Chickpeas with Spinach Cilantro Pesto Ranch Carrot Snacker
8	9	10	New York Thursday 11	12
Penne Pasta Baked in Cheese Sauce Broccoli with Garlic & Oil Toasted Garlic Bread	Sautéed Onion Burger French Fries	Popcorn Chicken Corn, Peas & Carrots Frito-Lay® SunChips® Salsa Cup	NEW GOLDEN KRUST® Jamaican Beef Patty BBQ Beans New York Cookie Treat Fresh New York Apples	Pizza Bagel Sweet Potato Waffle Fries
15	16	17	New York Thursday 18	Spring Recess 19
Grilled Cheese Garlicky Green Beans Frito-Lay® SunChips® Salsa Cup	New York Beef Hamburgers & Cheeseburgers Sweet Potato Waffle Fries	Chicken & Waffles Home Fries Creamed Spinach	Bite Size Beef Tacos Sweet Plantains Baked! Tostitos® Scoops® Fresh New York Apples New York Cookie Treat	Pizza Bagel Hot Marinated Bean Salad
Spring Recess 22	Spring Recess 23	Spring Recess 24	Spring Recess 25	Spring Recess 26
Baked Mozzarella Sticks Served with Marinara Sauce Brown Sugar Carrots Baked! Tostitos® Scoops®	100% Beef Hamburgers & Cheeseburgers French Fries	Chicken Parmigiana Pasta Marinara Crispy Broccoli	Chicken Dumplings Served with Vegetable Fried Rice Teriyaki Green Beans New York Cookie Treat Fresh New York Apples	Pizza Bagel Roasted Chickpeas with Spinach Cilantro Pesto Ranch Carrot Snacker
29	30			
Penne Pasta Baked in Cheese Sauce Broccoli with Garlic & Oil Toasted Garlic Bread	New York Beef Hamburgers & Cheeseburgers New York French Fries		EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Daily Lunch Specials <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • Hummus Grab & Go

OFFERED DAILY

Milk
1% Low-fat
Fat Free
Fat Free Chocolate

Dipping Sauce Cups
BBQ, Ranch,
Honey Mustard, Hot Sauce
Ketchup, Mayonnaise

Fresh Fruit

 No Artificial flavors, colors,
 or sweeteners in all
 SchoolFood Products

Dressings
Chipotle Ranch
Balsamic Vinaigrette
Ranch
Asian Sesame
Honey Mustard
Caesar
French
Italian Vinaigrette

Flavor Station

 Granulated Garlic
 Red Pepper Flakes
 Parmesan Cheese

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